

Resources for Anger Management

November 2020



Service delivery may be affected by COVID-19. Please contact the agency to confirm availability of the service.
Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Counselling

Catholic Social Services
Mercy Counselling 780-391-3233
Cornerstone Counselling Centre (*faith-based*) 780-482-6215
The Family Centre - Edmonton 780-423-2831
Drop-In 780-424-6103
Psychologists' Association of Alberta
Psychologist Referral Service 780-424-0294
University of Alberta - Faculty of Education
Clinical Services (September-April) 780-492-3746

Disabilities

Chrysalis: An Alberta Society for Citizens with Disabilities
Personal Development Course 780-454-9656
(6 weeks; problem solving skills including anger management, stress management, and assertiveness; no cost)

Groups / Workshops: Men

The Family Centre - Edmonton
Men / Women and Anger 780-497-7536
(10 hours; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)

Groups / Workshops: Women

The Family Centre - Edmonton
Women and Anger 780-497-7536
(10 hours; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)

Crisis (Call 911 if in immediate danger)

Canadian Mental Health Association (CMHA)
Distress Line (24/7) 780-482-HELP (4357)
Government of Alberta
Family Violence Info Line (24/7) 310-1818
Kids Help Phone, Live Chat, Text and App 1-800-668-6868
Text Text Connect to 686-868
Online Chat www.kidshelpphone.ca

Groups / Workshops: Youth

Covenant Health
Adolescent Group Program 780-735-2981
(September-June; 14-17 yrs; referral required from a physician; a pre-entry screening interview is conducted to determine suitability; no cost)
YMCA of Northern Alberta
Youth Transition Program 780-426-9265
(11 weeks; 13-19 yrs; voluntary program; teaches skills and techniques to gain control over anger)

Mixed Groups / Workshops

Cornerstone Counselling Centre
Anger Management Workshop 780-482-6215
(9 hours; Thursdays or Saturdays; how to change destructive expressions of anger into positive behaviours; \$195)
The Family Centre - Edmonton
Self-Esteem and Assertiveness 780-497-7536
(18+ yrs, 10 hours; costs vary; subsidies may be available)
Family Futures Resource Network
Count to Ten 780-413-4521
(8 weeks; 18+ yrs; adult education and support group to learn effective ways to deal with anger; \$25)

211 is now available province-wide by dialing 2-1-1, texting INFO to 211, or through live chat at www.ab.211.ca.

Contact 211 for more information or if you cannot find the particular service you are looking for.

Inclusion of an agency or service on this list does not constitute an endorsement by 211.